

ALLERGY WARNING PLEASE BE ADVISED THAT THE FOOD PREPARED IN OUR KITCHEN CONTAINS AND/OR MAY HAVE COME IN CONTACT WITH COMMON ALLERGENS SUCH AS: PEANUTS, TREE NUTS, SOY, DAIRY ETC.

APPETIZER

gf NACHOS 17

Blue corn chips with grain and nut chorizo, guacamole, black beans, guajillo sauce, homemade pickled jalapeños, vegan cashew cheese.

SALADS

COCONUT CAESAR 15

Romaine, smoked coconut bacon, bbq tempeh, croutons, tahini & coconut caesar dressing.

gf ALKALINE 15

Baby arugula, baby kale, sweet potato, spicy almonds, avocado with a lemon spirulina dressing.

ADD EXTRA PROTEIN +3
TEMPEH, TOFU OR HARD BOILED EGG.

TACOS ADD CHEDDAR CHEESE +3

MADE WITH 3 BLUE CORN TORTILLAS

gf MUSHROOMS 15

Corn, huitlacoche (Mexican truffle), portobello, cremini mushrooms & onions, romaine, guacamole. Served with a guajillo sauce.

POBLANOS 15

Poblano peppers & onions, potatoes, vegan sausage, spinach. Served with a cashew chipotle sauce.

gf SPICY THRIVE 15

Grain & nut chorizo, avocado, romaine. Served with a pequin sauce.

gf JACK FRUIT 15

Adobo jack fruit, avocado, cabbage. Served with a guajillo sauce

MAKE IT A COMBO (SMALL SALAD OR SOUP) +7

THRIVE BOWLS

SERVED WITH A BROWN RICE OR GREENS

gf HERCULES 19

Raw almond hummus, sunflower sprouts, cucumbers, tomatoes, onions, grilled tofu, avocado, hemp hearts, black sesame seeds with chipotle oil.

gf POWER HOUSE 19

Baby arugula, chickpeas, avocado, sweet potatoes, carrots, red cabbage, tempeh with a lemon basil vinaigrette dressing.

ADD EXTRA PROTEIN +3
TEMPEH, TOFU, OR HARD BOILED EGG.

UPGRADE +1.5
ZUCCHINI NOODLES OR QUINOA

SOUP OF THE DAY 11

SERVED WITH SPROUTED GRAINS BREAD
GLUTEN FREE BREAD AVAILABLE

ALL OUR SOUPS ARE GLUTEN FREE

BREAKFAST SERVED ALL DAY

GLUTEN FREE OPTIONS AVAILABLE

SUB **CHEDDAR CHEESE** FOR VEGAN CASHEW CHEESE
SUB **SCRAMBLED EGGS** FOR TOFU

MAKE IT A COMBO (SMALL SALAD OR SOUP) +7

gf PASSION SMOOTHIE BOWL 13

Mango, passion fruit, coconut milk, banana, coconut, granola, strawberries, blueberries.

AMIGO WRAP 14

Scrambled tofu, baby spinach, avocado, vegan cashew cheese, grain & nut chorizo, black beans, guajillo sauce.

gf ENERGY BREAKFAST 16

Scrambled tofu served with arugula, cucumber, vegan cashew cheese, carrots, tomatoes, olive oil, guacamole

SPROUTED GRAINS PIZZA

SUB **CHEDDAR CHEESE** FOR VEGAN CASHEW CHEESE

AL PASTOR 18

Homemade tomato sauce, vegan cheese with grain & nut chorizo, onions, pineapple, cilantro.

MEXICAN 18

Homemade tomato sauce topped with Mexican black beans, vegan cashew cheese, red onions, grain and nuts chorizo, jalapeño & avocado.

MUSHROOM 18

Kale & sunflower pesto, topped with portobello cremini mushrooms, red onions, avocado, arugula.

WRAPS

RAW WRAP VEGAN, GLUTEN FREE +1

BURRITO 14

Guacamole, black beans, brown rice, sweet potatoes, spinach, chipotle-cashew sauce.

ADOBO 14

Adobo jack fruit, avocado, romaine, onions, tomatoes with a caesar dressing.

MAKE IT A COMBO (SMALL SALAD OR SOUP) +7

ADD-ONS

PINEAPPLE	2	MUSHROOMS	2	CHICKPEAS	2
JALAPEÑOS	2	BLACK BEANS	2	GUACAMOLE	3
SWEET POTATOES	3	AVOCADO	3	EGG/TOFU	3
SAUSAGE OR TEMPEH	3	VEGAN CHEESE	3	CHEDDAR	3
CASHEW & CHIPOTLE	3	RAW ALMOND HUMMUS	3		